

THE DEERFIELD

 presbyterian
homes & services

June 2020



“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

Marcel Proust



THE DEERFIELD NEWS

Gables Star of the Month: JoAnn McKenzie



JoAnn McKenzie was born on November 19, 1941 in Duluth, Minnesota. She was born three weeks before Pearl Harbor was bombed and WWII began. It was a scary time for all. JoAnn and her family lived in Duluth for three years until they moved to St. Paul. She lived there until she met her husband, Wayne, and they moved across the river to Houlton, Wisconsin. They raised their three kids there and lived in their home for 45 years.

JoAnn and Wayne welcomed their daughter into the world and one and a half years later they welcomed twin boys! JoAnn stayed home with the children and said it was very busy with three young ones so close in age, but she knew nothing different and made it work. When the kids got a little older she went to work as a bank teller and when they entered high school she began a job at

Washington County as a tax processor.

The family spent their free time camping and attending the kids' activities. JoAnn says it was difficult when the kids all went off to college, as the house quickly became very quiet. She and Wayne enjoyed their time together traveling on cruises and to the warmer climates in the United States. They also enjoyed spending time at their cabin in the woods between Luck and Frederic, Wisconsin. Her husband spent many years deer hunting there on the 80 acres of land.

JoAnn has six grandchildren; two boys and four girls. She is very proud of their accomplishments. Her oldest granddaughter is attending veterinary school and the remaining grandchildren are attending college or just graduated from college.

JoAnn is a special lady with a great sense of humor. We are happy to have her as part of our Deerfield family.



THE DEERFIELD NEWS

Deerfield Birthdays

We wish you all a happy birthday and blessed year!

Gables Residents

Marlene Smith 6-12
Sue Levi 6-15
Tim Holt 6-21
Muriel Volkert 6-24
Greg Stewart 6-30

Housing Residents

Dale Steffen 6-1
Jim Tilly 6-4
Carol Johnston 6-5
Marguerite Maloney 6-5
Marvin Ronnie 6-5
Gerry Lokhorst 6-10
Maury VanGilder 6-11
Vi Dunn 6-12
June Stephens 6-14
Ilene Simon 6-25
George Foss 6-26

If we missed your birthday, we apologize!

Please let us know.

Wellness Thoughts: Summer Tips



1. Stay hydrated

The standard suggestion is to aim to drink **6-8 cups of water a day**. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle (or two) that is easy to take along on your jaunts outside and challenge yourself to finish it before you get home.

2. Don't stay out for too long

Don't plan to spend the whole day out in the sun. Stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to limit the time you spend outside on hot days.

3. Check the forecast before you go out

Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. When the heat starts to get extreme, make sure you are close enough to home that you can go inside for a break.

4. Keep sunscreen where it's easily accessible and you'll remember to use it

You are more likely to apply sunscreen if you keep it in a convenient and visible spot.

5. Check the side effects of your prescriptions

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow the other suggestions on this list to avoid problems.

THE DEERFIELD NEWS



Thank You, PHS Employees!

Our lives have been changed by COVID, yet the service and care PHS employees are delivering each and every day at PHS communities remains strong, compassionate and creative. Employees hold you in their prayers and continue to work hard to find ways to brighten your days and comfort you when the stresses of this current reality feel too heavy.

We've heard from many of you who want to know how you can help. First, we welcome your prayers for safety and protection—for your neighbors, for employees, and for all who have been affected by this virus. ***Thank you for your thoughtfulness—you are a blessing to employees!*** Notes, waves, smiles from behind your face masks and just saying, “thank you” go a long way to show your appreciation and uplift employees' spirits.

You might also feel called to make a financial gift to support PHS Employee Appreciation. The PHS Board of Directors has authorized giving each employee up to \$1,000, based on hours worked, as special appreciation pay. This gift will be funded largely through donations. If you would like to make a gift—***all gifts of any amount make a difference***—please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6418 or 651-631-6408. Or if you prefer to make your gift online, please visit preshomes.org and click on “Make a Gift.”

In addition, two other employee-focused funds are available for you to support—Employee Education Assistance and Employee Hardship. Even in the midst of COVID, employees are still pursuing and completing degrees and certifications to benefit you and your neighbors.

We are preparing for a new normal and we thank you for your patience and prayers as we create plans for the coming weeks and months. Thank you for being a part of the PHS family. Your neighbors, loved ones and PHS employees are keeping you close in their thoughts and prayers. Stay well.



THE DEERFIELD NEWS

Spiritually Speaking - Finding Community

Dear Friends,

As I contemplate how to begin to share, I am aware of the gap in time and space that has separated us from being together in community, from worshipping together. While we try to normalize what may be the most abnormal aspect of navigating through the impact of this pandemic, that being, how to be community, we experience more acutely what we have lost. The ability to move in and out of company with each other now is more about the time we spend alone, connecting by phone or social media platforms, but still, alone.

How do we “do community” and uphold one another when we feel lost? How do we find the community we long for to share the pain of heartache and anguish of loneliness as we pass through this dark valley? Where do we go to find strength and peace, while everything is whirling around us? The psalmist in Psalm 22 cries out, “My God, my God, why have you abandoned me? Why are you so far from my deliverance and from my words of groaning?” Our Lord cried out those same anguished groans as he hung on the wood of the cross. In times of loss and distress, are those not our groans as well, lost in the dark loneliness while wading into the Safer at Home order imposed by this pandemic?

But, with darkness comes light; with loss, new life! The psalmist finds hope in looking upward, declaring in Psalm 121, “I lift my eyes toward the mountains. Where will my help come from? My help comes from the Lord, the Maker of heaven and earth.” In Matthew 28, after Jesus was entombed, Mary Magdalene and “the other Mary” went to view the tomb. An angel confronted them in their fear, saying, “Don’t be afraid. I know you are looking for Jesus who was crucified. He is not here. For He has risen...!”

We too are brought into the light, looking up, our hopes raised as we hear the words of God declared to Joshua, “Don’t be afraid and don’t be discouraged. I am the Lord your God and I am with you wherever you go” (Joshua 1:9b).

We grieve the loss of the familiar, time with family and neighbors, and gathering to find comfort and strength. But we do not grieve loss as those who are without hope. Because of the Living Christ, we look up to where our strength comes from, to the Lord our creator and Redeemer. Our hope is a living, vibrant assurance that God is indeed with us. In that shared hope we find community, one in spirit, gathered by the Good Shepherd who nourishes and protects all who hear His voice and call on His name.

Be encouraged. God is with us! Thanks be to God!

In Christ’s love,
Pastor Fred Brumm

How to find this newsletter online

- Go to www.deerfieldphs.org
- Look at the “In this Section: navigation menu on the right side of the screen.
- From there you can click on “Newsletter” or “Activities and Events” to find social calendars for the Terrace, Commons, Arbor and Gables.



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Ministry

Ready & Engaged People

Operational Integrity

Service Excellence

Stewardship

EQUAL HOUSING OPPORTUNITY
ALL FAITHS WELCOME

Taking the Long View: PHS Project Updates

Navigating the impact of the coronavirus requires a tight focus on the day-to-day. Even so, the long-range vision of PHS, “to provide more choices and opportunities for more older adults to live well,” has not dimmed. Senior Housing Partners, the project development arm of PHS, shares updates of new communities in the making:

Prairie Gate, Council Bluffs, IA: The first residents arrived in March. Offering senior apartments, assisted living apartments, memory care apartments and care center suites, the campus is near churches and a regional trail system.

Mount Carmel Bluffs, Dubuque, IA: A joint venture with the Sisters of Charity of the Blessed Virgin Mary (BVM), Mount Carmel Bluffs rises above the Mississippi River. The BVM staff have transitioned to be PHS employees. Phase 1, opening this fall, includes assisted living and memory care apartments and a long-term care center. Phase 2, anticipated to be complete in early 2022, will deconstruct buildings to make way for senior living apartments.

Towner Crest, Oconomowoc, WI: The doors opened in January welcoming residents to their new senior

living apartments in the fifth PHS community in southeastern Wisconsin. The campus offers lodge-style architectural design with a variety of amenities and services. Towner Crest is preparing to welcome residents in the newly opened assisted living and memory care apartments.

Lexington Landing, St. Paul, MN: Owned by J.A. Wedum Foundation and managed by PHS, Lexington Landing’s urban design will feature senior apartments, assisted living apartments and memory care apartments. The campus will offer convenient amenities and community programs. Opening is anticipated in fall 2020.

Flagstone, Eden Prairie, MN: Located next to Castle Ridge, this new campus will offer a full continuum of housing and care options near to urban conveniences, yet close to nature. Castle Ridge residents will be the first Flagstone residents and the old building will be demolished to make way for other retail and housing. In the future, we will share progress on redevelopment projects at existing PHS communities.